

El Partnerships Comprehensive Health Assessment

CHA (circle one): **PN** **0-2** **4** **8** **12**

LAST NAME:		FIRST NAME:		ID NUMBER:	
Date of Birth:		Age:		OBGYN:	
If Pregnant: Number of Weeks Pregnant:		Due date:		Initial Prenatal Care: 1 st 2 nd 3 rd	
				Number of Prenatal visits:	
If Postpartum: Baby's Name:		DOB:		Birthweight:	
				Gender: M/F	
Type of Delivery:		Complications?		Mom's pp visit?: Y or N # of weeks PP:	
Pediatrician:		Breastfeeding at birth? Y or N If No ¹ :		at 6 months? Y N If No ² :	
Immunizations:	HepB:	1	2	3	
	Dtap:	1	2	3	
	Hib:	1	2	3	
	IPV:	1	2	3	

Key Assessment Area	STRENGTH low med high 1 2 3			Notes/Comments
A Access and Utilization of Care	1	2	3	
A.1 Housing				
• Adequate, affordable, stable housing	N		Y	
• Adequate and affordable utilities	N		Y	
• Has working telephone available	N		Y	
A.2 Health				
• All family members have health insurance	N		Y	
• All family members have medical home with regular care	N		Y	
• All family members have regular dental care	N		Y	
A.3 Education				
• Interested in cont. education/training for future	N		Y	
• Able to access education/training to meet indiv. needs	N		Y	
A.4 Economics				
• Adequate income for living expenses	N		Y	
• Father of Baby contributes financially	N		Y	
• Employer/school accommodating pregnancy	N		Y	
• Adequate child care available	N		Y	
• Reliable transportation available	N		Y	
A.5 Community Support				
• Has culturally and linguistically appropriate information about community resources and services	N		Y	
• Verbalizes past success in accessing services	N		Y	
• Has friends and family in area who are supportive and will help when needed	N		Y	
B Women's Health	1	2	3	
B.1 Family Planning				
• Verbalizes understanding of family planning options	N		Y	
• Has contraception plans for postpartum period and beyond	N		Y	
• States satisfaction with current birth control method				
B.2 STIs/HIV				
• Verbalizes understanding of sexual health	N		Y	
• Verbalizes understanding of safe sexual practices	N		Y	
B.3 Reproductive Health				
• Understands physical and emotional changes during the perinatal period	N		Y	
• Has follow-up appointment with PCP for PP check	N		Y	
• No Previous Pregnancy Loss	N		Y	

¹ Reasons at birth: (1=Not enough Milk) (2=Breast related Problems) (3 = medical reasons) (4=Personal Reasons) (5=Formula More convenient) (6=Return to work, school, or separation) (7 = Other) (8 = Unknown)

² Reasons at 6 Months: (1=Not enough Milk) (2=Breast related Problems) (3 = medical reasons) (4=Personal Reasons) (5=Formula More convenient) (6=Return to work, school, or separation) (7=Baby weaned self/nursing strike/biting) (8 = Poor Weight Gain) (9=Baby too hungry) (10=other) (11=Unknown)

B.4 Other Women's Health Concerns			
• Understands health concerns including diabetes, cardiovascular health	N	Y	
• Understands importance of cancer screenings, and has access to them.	N	Y	
C Oral Health	1	2	3
C.1 Mom's oral health.			
• Has dental checkup during pregnancy.	N	Y	
• Has toothbrush, toothpaste and floss.	N	Y	
• Brushes at least twice a day with fluoride toothpaste.	N	Y	
• Flosses at least once a day.	N	Y	
• Verbalizes need for brushing and flossing	N	Y	
C.2 Baby (newborn – 6 months) oral health.			
• Mom does not put a bottle in bed with the baby.	N	Y	
• Gums are cleaned daily.	N	Y	
• If water supply is not fluoridated, baby receives fluoride.	N	Y	
• Understands the role of fluoride in making strong teeth.	N	Y	
C.3 Baby (6 – 12 months) oral health.			
• Cleans baby's gums or teeth daily.	N	Y	
• Sippee cup is introduced at six months.	N	Y	
• Mom does not let baby walk around with a bottle.	N	Y	
• Understands benefits of bottle weaning at 12-14 months.	N	Y	
D Nutrition	1	2	3
D.1 Maternal nutrition and weight gain			
• All food groups rep. in 24hr. recall, good appetite, no prob. eating.	N	Y	
• Maintains a healthy weight (use WIC wgt/hgt table).	N	Y	
• Understands weight gain goal in pregnancy related to prepregnancy weight-for-height and presence of multiple fetuses.	N	Y	
• Follows any special diet instructions from her health care provider.	N	Y	
• Understands potential contaminants including mercury in fish.	N	Y	
• Understands basics of a healthy diet.	N	Y	
• Understands possible harm/benefits of herbals, OTC, and medications	N	Y	
• Understands how food, nutrients support healthy pregnancy and baby.	N	Y	
D.2 Infant nutrition and fluid intake.			
• Reports 6-8 wet cloth diapers (4-6 wet disposable) every 24 hours after day five.	N	Y	
• Frequency of feeds and # of ounces is adequate.	N	Y	
• Understands and identifies infant reflexes related to feeding.	N	Y	
• Uses feeding and fullness cues and demonstrates a healthy feeding relationship.	N	Y	
• Understands the impact of infant growth spurts (2wks, 6wks, 3mos. 6mos) on feeding and sleeping patterns.	N	Y	
• Adequate weight gain of 4-6 oz/week	N	Y	
• Demonstrates knowledge of formula storage and preparation (if appropriate).	N	Y	
• Demonstrates knowledge and understanding about the importance of holding her baby during feedings.	N	Y	
• Has the resources and is able to secure, prepare and feed her infant healthy food.	N	Y	
E Breastfeeding	1	2	3
E.1 Pregnancy			
• Understands the anatomy and physiology of breastfeeding.	N	Y	
• Has access to culturally appropriate education and information about breastfeeding.	N	Y	
• Understands possible challenges and how to deal with them	N	Y	
• Understands benefits of breastfeeding to mother and baby	N	Y	
• Social supports for breastfeeding are available.	N	Y	

E.2 Postpartum			
• Describes adequate nutrition for breastfeeding.	N	Y	
• Utilizes available resources such as WIC, CLC, La Leche etc.	N	Y	
• Verbalizes understanding of breast care to prevent cracking, soreness and infection.	N	Y	
• Verbalizes an understanding of signs and symptoms of infection (temperature over 102, foul odor, swelling, pain, reddened breasts).	N	Y	
• Eats when hungry and drinks when thirsty.	N	Y	
• Demonstrates knowledge of adequate milk supply and transfer, stool patterns, feeding readiness, positioning, latching, and frequency and duration of feedings.	N	Y	
• Understands that the use of water, formula and artificial nipples before 4-6 weeks after delivery may decrease suckling at breast and milk supply.	N	Y	
• Understands the impact of infant growth spurts (2wks, 6wks, 3mos. 6mos) on feeding and sleeping patterns.	N	Y	
F Physical Activity	1	2	3
F.1 Maternal physical activity.			
• Verbalizes importance of physical activity for self and her family.	N	Y	
• Understands interrelationship between diet and physical activity.	N	Y	
• Participates in regular physical activity upon physician approval.	N	Y	
• Watches television less than two hours a day.	N	Y	
• Has adequate help for physical condition	N	Y	
• Postpartum, physical activity is adequate for maintaining healthy weight.			
F.2 Baby physical activity.			
• Mother creates a safe environment and encourages activities which facilitate the development of childhood motor skills.	N	Y	
• Understands the role of physical activity in facilitating healthy weight, growth and development.	N	Y	
G Cognitive and Perceptual	1	2	3
• Has adequate cognitive and perceptual abilities and patterns to understand and use new information	N	Y	
• Reports methods of learning that are most effective for her.	N	Y	
• Verbalizes confidence in problem solving abilities/able to describe rationale behind decisions made.	N	Y	
• Demonstrates effective skills in problem solving.	N	Y	
• Verbalizes knowledge of normal physical changes during pregnancy.	N	Y	
• Verbalizes knowledge of normal emotional changes during pregnancy.	N	Y	
• Verbalizes understanding of danger/complication signs in pregnancy/postpartum and knows when to contact health care provider.	N	Y	
• Verbalizes knowledge of normal maternal physical changes first year of parenthood.	N	Y	
• Verbalizes knowledge of normal maternal emotional changes during first year of parenthood.	N	Y	
• Verbalizes results of baby's newborn hearing screening.	N	Y	
H Environmental Health and Safety	1	2	3
H.1 Lead Poisoning			
• Understands the dangers of lead poisoning and precautions are taken	N	Y	
• Understands the need for annual lead testing of children to the age of four.	N	Y	
H.2 Asthma			
• Understands triggers of asthma including molds, pet dander, dust mites, second hand smoke, and cockroaches.	N	Y	
H.3 Injury Prevention			
• Parent knows basic First Aid/CPR	N	Y	
• Emergency numbers available including poisoning control	N	Y	
• Understands Car Seat Safety	N	Y	
• Infant and Children have approved car seats	N	Y	

• Understands major childhood injury risks	N	Y
• Understands common safety hazards in home	N	Y
• Uses appropriate handwashing and teaches her children.	N	Y
H.4 Housing		
• No major safety concerns with housing	N	Y
• Neighborhood is safe	N	Y
• Smoke Detectors are in place and functioning	N	Y
I Alcohol, Tobacco and Other Drugs	1	2 3
I.1 A/OD Negative Screen:	N	Y
Parents had/have drinking/drug problem?		
Partner with drinking/drug problem?		
Any alcohol/drug use in past?		
Any alcohol/drug use in month pre-pregnancy?		
Any alcohol/drug use since pregnancy?		
• Verbalizes understanding of health consequences for both mother/ developing fetus and family	N	Y
I.2 Tobacco		
• No Tobacco use prior to pregnancy	N	Y
• No Tobacco use since pregnancy	N	Y
• Has rules @ tobacco use in home/car	N	Y
• Verbalizes understanding of health consequences on all family members	N	Y
• Verbalizes understanding of benefits of breastfeeding/ impact of smoking/ ability to breast feed as smoker	N	Y
J Violence	1	2 3
J.1 Interpersonal and Family Violence		
• Verbalizes recognition of DV situations	N	Y
• Verbalizes understanding of protective procedures	N	Y
J.2 Child Abuse and Neglect		
• No Substantiated cases of child abuse and neglect	N	Y
• No History of childhood abuse and neglect	N	Y
• Verbalizes Appropriate discipline techniques	N	Y
K Emotional Health	1	2 3
K.1 Psychosocial or mental health issues including postpartum depression		
• Verbalizes knowledge of postpartum depression	N	Y
• Describes No Recent changes in appetite, sleep, or activity level (need to differentiate between pregnancy related changes and changes related to possible depressed mood)	N	Y
• No Past hospitalizations for mental health issues	N	Y
• No current or past experience with depression	N	Y
• No Present or past use of medications such as antidepressants	N	Y
• Does not verbalize Present/Past feelings of wanting to hurt self	N	Y
K.2 Maternal Stress and Anxiety		
• Able to identify major life events and every day stressors	N	Y
• Describes physical and emotional symptoms indicating stress reaction	N	Y
• Identifies past successful coping strategies	N	Y
• Identifies unhealthy coping mechanisms ie. drugs, unsafe sexual practices, excessive food, tobacco	N	Y
K.3 Trauma or loss	N	Y
• Verbalizes coping in or around loss of significant people in her life	N	Y
• Verbalizes coping of past trauma	N	Y
• No history of abuse, (sexual, physical and emotional)	N	Y
• No history of Interpersonal Violence	N	Y
K.4 Self Concept/ Self Perception		
• Verbalizes positive sense of self	N	Y
• Verbalizes understanding of patient's rights	N	Y
• Verbalizes understanding of impact of being a parent on lifestyle changes in parenthood	N	Y
• Verbalizes future goals which facilitates health and wellness for self and family	N	Y
• Verbalizes sense of security, autonomy, hope for self and child	N	Y

K.5 Relationships				
• Can identify people, agencies, services for help with physical, emotional, psychosocial needs	N	Y		
• Verbalizes communicative, close relationship with spouse or partner	N	Y		
• Verbalizes communicative, close relationship with family	N	Y		
• Verbalizes communicative, close relationship with friends	N	Y		
L Healthy Parenting	1	2	3	
L.1 Parent's Expectations				
• Free from health complications and major stress during pregnancy/birth/postpartum period	N	Y		
• Shows acceptance of/happiness with pregnancy/birth	N	Y		
• Baby is welcomed/desired addition to the family	N	Y		
• Verbalizes likeable attributes of baby	N	Y		
• Describes developmentally appropriate expectations	N	Y		
• Describes realistic expectations of baby's capabilities	N	Y		
L.2 Parent's Transition to Parenting				
• Has realistic expectations of baby's care needs	N	Y		
• Is willing to make necessary lifestyle changes/adaptations to meet baby's needs	N	Y		
• Makes positive statements about own ability to parent	N	Y		
• Verbalizes positive perception of parenting	N	Y		
• Interested in learning more about parenting, child development, nurturing, and bonding	N	Y		
• Has adequate nutrition and rest to care for baby	N	Y		
L.3 Parent-Baby Attachment				
• Early bonding experiences were positive	N	Y		
• Alert, responsive baby	N	Y		
• Expresses positive attitude toward early parenting experiences	N	Y		
• Touches baby gently, smiles at baby, speaks to baby affectionately	N	Y		
• Positive interaction between child and parent noted	N	Y		
• Verbalizes positive feelings toward baby	N	Y		
• Accurately interprets baby's signals and cues	N	Y		
• Attempts to comfort/comforts baby when crying	N	Y		
• Holds baby closely while feeding	N	Y		
M Neonatal and Developmental Assessment (0-12)	1	2	3	
• Tool Used:				
N Physical Assessment (as indicated)	1	2	3	

Height: Weight: If Indicated: B/P: HR: RR: Temp:
Skin: NP (Cap refill/Temp/Turgor WNL) Edema lesions erythema pruritus
GI: NP(Adequate Appetite ,Appropriate wt. Gain) Anorexia Nausea Vomiting Constipation
GU: NP, Burning Frequency Incont. Painful Color Clarity

• Prenatal: 1st trimester 2nd trimester 3rd trimester
Repro: NP increased or changed discharge odor bleeding Concerns:

• Postpartum Maternal
C-Section: N/A NP(Healing well) Erythema Drainage Painful
Episiotomy: N/A NP(Healing well) Erythema Drainage Painful
Breasts: NP Has Supportive Bras Engorged Erythema Painful Cracked
Repro: Lochia: Rubra (1-4), Serosa(5-7), Alba(1-3wks), increased discharge, Odor, Bleeding (frank red bld)
Concerns:

• 2 – 12 months Postpartum
Repro: NP, increased or changed discharge, odor
Postpartum F/U complete: Contraception Method w/o probs

• Infant Assessment Weight gain since birth Normal/At-risk AHR: murmurs noted: RR: Temp (if ind):
General appearance: WNL Tone: WNL Reflexes:
Skin: NP Well Hydrated Cap refill/Temp/Turgor: WNL
Umbilicus: N/A NP(Healing well) Erythema Drainage Edema
Circumcision: N/A NP(Healing well) Erythema Drainage Edema
GI: NP (Adequate appetite, Adequate wt gain) Colic, Vomiting, Constipation, Jaundice
GU: Voiding WNL: Stool WNL:
Risk factors for sensorineural hearing impairment?